

FITNESS

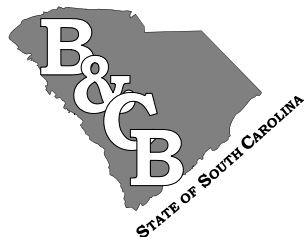
Tips for Exercising with Asthma

1. Ask your physician to help you establish a personalized fitness program. You may also benefit from working with a physical therapist or other medical professional skilled in rehabilitative therapies.
2. Discuss using medicine before exercising with your physician.
3. Always carry your bronchodilator, the medication your physician prescribed in case of a sudden asthma attack.
4. Take extra time (at least 20 minutes) to warm up slowly before and after exercising. Some people with exercise-induced asthma find this helps to avoid asthma symptoms without the need for extra medications.
5. Do not push yourself when your peak flow readings are lower than usual or you have not been feeling well. Learn to listen to your body and stop working out if it starts sending signs that you have had enough exercise for one day.
6. Do not exercise outdoors on days with high pollen counts or ozone levels. Select allergen-free indoor places carefully. Basements and/or gyms may be dusty and moldy.
7. On cold days, use a scarf or mask over your mouth and nose to help warm cold air before it is breathed into raw airways.
8. Take baby steps to reach fitness goals. Park your car in a space at the far end of the parking lot when shopping. Use the stairs instead of the elevator for short trips.

The goal for people with asthma is to build up strength in their heart and lungs without triggering their asthma. New and improved medications, thorough warm-up and cool-down periods and a physician monitored fitness program will help any person with asthma achieve a more healthy, physically fit and functioning body.

For more information contact Allergy and Asthma Network at 1-800-878-4403.

Source: Allergy and Asthma Network, Website: www.aanma.org.



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